



Heritage Middle School

Menus for April 2010

This institution is an equal opportunity provider and employer.



IT'S IN OUR HANDS!

The US Census count that happens this year determines how many legislators represent us in Congress and how much government funding we receive. That money is for critical community services like roads, parks, housing, schools, public safety and more.

2010census.gov

Thursday, April 1

Breakfast

Bagels
Cream Cheese
Fruit Cup, Juice, Milk

Lunch

French Toast
Sausage Links
Hash browns
Sandwich
Frito Lay Chips

GET IT IN YOU.

OK, this is big. Really big. So listen up. Fiber is found naturally in whole grains, fruits, and vegetables and is added to many other foods. It's good for you. Really good. SO EAT MORE FIBER.

FIBER

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, April 5

Breakfast

Peanut Butter
Elf Grahams, Fruit
Juice, Milk

Lunch

Cheesy Breadstick
Marinara Cups
Frito Lay Baked Chips
Celery Stick

Tuesday, April 6

Breakfast

Frittata
Fruit, Juice
Milk

Lunch

Pulled Pork Sandwich, Oven
Fries, Fruit
Sandwich
Frito Lay Chips

Wed., April 7

Breakfast

Honey Buns
Applesauce
Juice, Milk

Lunch

Beef
Mashed Potatoes
Corn
Sandwich
Frito Lay Chips

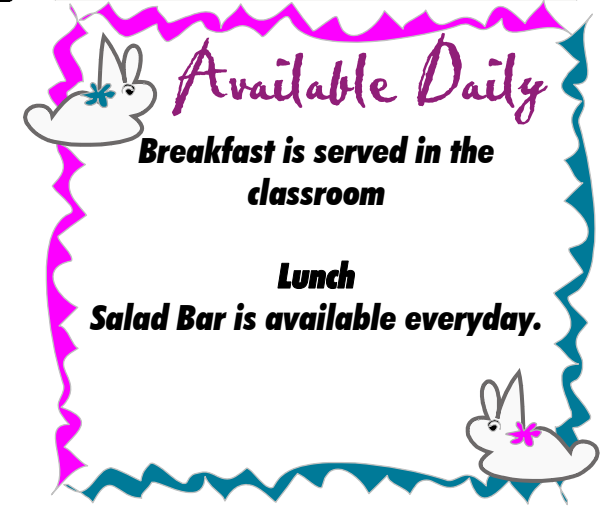
Thursday, April 8

Breakfast

Banana Loaf
Cheese Stick
Juice, Milk

Lunch

Beefy Nachos
Fruit Cup
Celery Sticks



Monday, April 12

Breakfast

Cocoa Puffs
Cereal Bar
Fruit Stick, Juice
Milk

Lunch

Pepperoni Pizza
Frito Lay Baked Chips
Carrots

Tuesday, April 13

Breakfast

Vanilla Yogurt Bar
Cheese Stick
Juice, Milk

Lunch

Chicken Nuggets
Mac & Cheese
Mixed Veggies
Fruit

Wed., April 14

Breakfast

Grab-n-Go Cereal
Fruit, Juice
Milk

Lunch

Pasta w/Meat Balls
Breadstick
Sandwich
Frito Lay Chips

Thurs, April 15

Breakfast

Quaker Peanut Butter
Granola Bar
Cheese Stick, Fruit
Juice, Milk

Lunch

Tacos
Refried Beans
Spanish Rice
Sandwich
Frito Lay Chips

Word of the Month

co·op·er·a·tion

n. 1. working together for the common good; teamwork 2. mutual help and assistance among people on a project or effort